

SPECIAL EVENTS

There are many events happening throughout the year for **Mature Adults**. Try your favorite or try them all!



Mature Adults Council (MAC)

Meets the 2nd Monday bi-monthly at 11 a.m.

The MAC was formed to assist DPR Mature Adults staff to provide the quality programs our residents want and to spreading the word about the programs we offer. This committee meets monthly and strives to represent all Mature Adult residents and groups in Durham.

NOTE: Some programs have fees. Fee waivers are available. For more information please contact staff at any DPR recreation center.

Program Guide June - December 2012

Durham Parks & Recreation provides opportunities for our community to Play More!



MATURE ADULTS
55 and better!

MATURE ADULTS OFFICE
919-354-2710



General Information

DPR website: www.DPRPlayMore.org
[Facebook.com/DurhamParksandRecreation](https://www.facebook.com/DurhamParksandRecreation)

Mature Adults

Office Location:

Walltown Recreation Center
1308 W. Club Blvd
Durham, NC 27701
(919) 560-4296

Mailing Address:

DPR/Mature Adults
101 City Hall Plaza
Durham, NC 27701

Trips

The Mature Adult Unit offers many exciting day trips throughout the year and one overnight trip, usually toward the end of each year. Registration, forms, and detailed trip information is available at all DPR Recreation Centers and the DPR Main Office (400 Cleveland St). Information and forms may also be found on the website.

January 24:	"Sing Hallelujah"
February 12:	Duplin Winery
March 9:	Cirque du Soleil
May 3/24-25:	Wicked /Outer Banks
June 13:	Virginia Pork Festival
July 18:	Spirit of Norfolk
August 21:	NC State Capitol
Sept. 18-21:	Philadelphia, PA
October 23:	State Fair
November 26:	Festival of Lights
December 6-7:	Myrtle Beach, SC

The following outings are offered each month:

Mature Adult Socials Movies

Every 2nd Friday, 1 p.m.-4 p.m.

Mature Adult Socials Bowling

1st & 3rd Wednesday, 9:30 a.m.-12:30 p.m.

**See monthly MA Outings flyer
for more information on
additional outings.**

Participating Recreation Centers:

- Edison Johnson Recreation Center
- Holton Career and Resource Center
- Lyon Park Recreation Center
- W.D. Hill Recreation Center
- Walltown Recreation Center



Oh the fun we have at:

Durham **SENIOR GAMES** & *SILVERARTS*



Programs

MA Walking Program

Mon-Fri, 8:30 a.m.-8 p.m. at:

Edison Johnson

W.D. Hill

CFLRC at Lyon Park

Walltown

Holton Career Resource Center

Community Family Life and Recreation Center at Lyon Park:

1309 Halley St., 919-560-4288

Chair Exercise

Monday, Wednesday, 11 a.m.-11:40 a.m.

Arts and Crafts

Every 1st & 3rd Monday, 10 a.m.-11 a.m.

Basketball

Monday, 4:30 p.m.-6:30 p.m.

Open Computer Lab

Wednesday, 10 a.m.-11 a.m.

Gospel Movement

Thursday, 12:30 p.m.-
1:10 p.m.



Edison Johnson Recreation Center:

500 W. Murray Ave., 919-560-4270

Mature Adult Fitness

Monday, Wednesday, Friday, 9 a.m.-10 a.m.

Chair Exercise

Monday, Wednesday, 10 a.m.-10:40 a.m.

Computer Literacy—Beginner starts in Sept.

Monday, Wednesday, 9 a.m.-10:30 a.m.

Computer Literacy—Intermediate starts in Sept.

Monday, Wednesday, 11 a.m.-12:30 p.m.

Square Dancing

Tuesday, 9 a.m.-11 a.m.

Bingo

Tuesday, 11 a.m.-12:30 p.m.

Bridge

Thursday, 12 p.m.-3 p.m.



**I.R. Holmes, Sr. Recreation Center
at Campus Hills:**

2000 S. Alston Ave., 919-560-4444

Mature Adult Fitness

Tuesday, Thursday, 9 a.m. - 10 a.m.

Walk 4 Health

Wednesday, 9 a.m. - 10 a.m.

Valentine Potluck

Tuesday Feb. 14, 12 p.m. - 2 p.m.



Campus Hills Pool:

2000 S. Alston Ave., 919-560-4444

Water Fitness

Monday-Friday, 12 p.m. - 12:45 p.m.
7 p.m. - 7:45 p.m.

Walltown Recreation Center:

1308 W. Club Blvd., 919-560-4296

Mature Adult Walking

Monday, Wednesday, Friday,

9:30 a.m.-10:30 a.m.

Tuesday, Thursday, 1 p.m.-2 p.m.

Arthritis Foundation Exercise

Monday, Wednesday 10 a.m.-11 a.m.

(NOTE: Age for this program is lowered to age 40)

Open Computer Lab

Monday, Wednesday, 12 p.m. - 1 p.m.

Friday, 10a.m.-11a.m. (to start in Sept)

Open Gym

Monday 5 p.m. - 7 p.m.

Mature Adult Chair Exercise

Tuesday, Thursday, 11 a.m.-11:40 a.m.

Bid Wiz

Tuesday, 4:30 p.m. - 8:30 p.m.

Pinochle

Friday, 4:30 p.m. -

9 p.m.



Edison Johnson Aquatic Center:

500 W. Murray Ave., 919-560-4265

Recreational Swim— All Ages

Saturday-Sunday, 1 p.m.-5 p.m. (June–Aug.)

Monday - Friday, 1 p.m.-3 p.m. (Sept.–Dec.)

Tuesday-Thursday, 9 a.m.—12 p.m.

Shallow Water Aerobics

Monday, Wednesday, (Friday, starts in Sept.)

10 a.m.-10:45 a.m.

Monday - Thursday, 6:15 p.m.- 7 p.m.

Aqua Arthritis

Monday, Wednesday, (Friday, starts Sept. 10)

11 a.m.-11:45 a.m.

Deep Water Aerobics

Saturday, 9:45 a.m.-10:30 a.m.

Lap Swim—Lap Swim All Ages

Sunday - Saturday, Times vary. Contact pool directly for more information.



Holton Career and Resource Center:

401 N. Driver St., 919-354-2750

Gospel Movement

Monday, 10 a.m.-10:40 a.m.

Chair Exercise

Tuesday, Thursday, 10 a.m.-10:40 a.m.

Arts and Crafts

Tuesday, 11 a.m.-12 p.m.

Mature Adult Choir

Tuesday, 1 p.m.-2 p.m.

BINGO

Wednesday, 9:30 a.m.-12 p.m.



Basketball

Wednesday, 5:30 p.m.-7:30 p.m.

What's That and Why Should I Eat It?

1st & 3rd Thursday, 10:30 a.m.-11 a.m.

Farmer's Market

1st & 3rd Thursday, 11 a.m.-12 p.m.

Open Computer Lab

Friday, 11 a.m.-12 p.m.

W.D. Hill Recreation Center:

1308 Fayetteville St., 919-560-4292

Senior Lunch

Monday—Friday, 9 a.m.-2 p.m.

Senior Computer—Beginner

Monday, Wednesday, 1 p.m.-2 p.m.

Senior Computer—Intermediate

Monday, Wednesday, 2 p.m.-3 p.m.

Chair Exercise

Tuesday, Thursday, 10 a.m.-10:45 a.m.

